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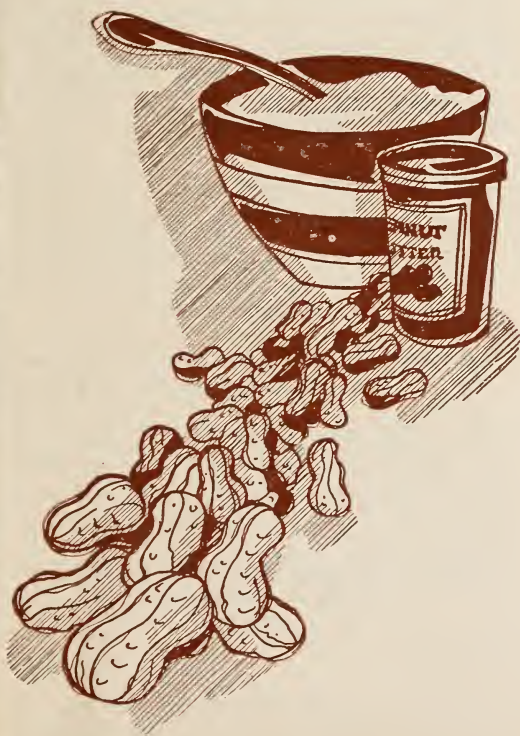
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# Peanut and Peanut Butter Recipes



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U.S. DEPARTMENT OF AGRICULTURE

# Peanuts and Peanut Butter

When every food penny has to count, it pays to explore new ways of using such plentiful foods as peanuts and peanut butter in low-cost, nourishing dishes.

Peanuts belong to the pea-and-bean family, the legumes—they aren't really nuts at all. But like nuts, they're always popular in salads and sandwiches, cookies, and desserts—as well as just plain salted. And like peas and beans, peanuts are good in main dishes, in soups, and in combination with other vegetables.

## High in Food Value

Peanuts and peanut butter are well worth a place in everyday menus because of their high food value. The idea of using them often in family meals is nutritionally sound—

- Peanuts are important for their B vitamins. They are exceptionally high in niacin.
- Among the vegetable foods, peanuts rate high in the quantity and quality of protein they furnish. Thus they may be used as an alternate for meat, eggs, and cheese.
- The high fat content of peanuts makes them a good source of food energy.

## Cooking

**Peanuts.**—In many salads and desserts peanuts may be used whole or in halves. For most other dishes you'll need to chop or grind them. Use a knife or the coarse plate on the food grinder, whichever you prefer.

Peanuts take up moisture readily. When you want all of their crispness, as in salads and sauces, don't mix the nuts with the other ingredients until just before serving.

**Peanut butter.**—Peanut butter is made in several grinds. The types usually found on the market are coarse or chunky, medium, and fine. Most peanut butters are just ground roasted peanuts plus salt. Some have been mixed with an oil that keeps them from separating.

In the recipes in this pamphlet, any kind of peanut butter that you like may be used. For a smooth texture, use a fine grind, of course; for an interesting "broken nut" effect, use a coarse grind.

Because peanut butter is so high in fat, it can take over part of the shortening duties in breads, cakes, pastries, and main dishes.

If you add liquid to plain peanut butter, the mixture will become thicker and thicker until it finally "grains" and crumbles. Unless you particularly want a thickened mixture, blend the other ingredients with the peanut butter before you add the liquids.

## **Storing**

Keep peanuts in tightly closed containers so they'll stay crisp.

Peanut butter hardens in a cold place. If you want to keep it always soft, ready to use, store it in a cupboard instead of a refrigerator. But don't keep it too long—it may become rancid. If oil rises to the top, mix it in with a knife or turn the jar upside down for a day or so to give the oil a chance to work up through the butter. This keeps the last bits soft.

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The peanut recipes in this pamphlet call for salted peanuts. If you use unsalted peanuts, you may need to increase the salt in the recipes.

Directions for roasting and salting raw peanuts are given on page 16.

## MAIN DISHES

### Peanut-Meat Loaf

1½ cups ground beef	1 cup finely chopped salted peanuts
2 tablespoons minced onion	¾ cup fine crumbs
½ teaspoon dry mustard	1 egg
½ teaspoon Worcestershire sauce, if desired	½ cup milk
1 teaspoon salt	1 tablespoon tomato catsup

Combine ingredients lightly. Bake in a greased loaf pan in a moderate oven (350° F.) about 1 hour. Serve with tomato sauce. Six servings.

### Peanut-Potato Cakes

2 cups chopped salted peanuts	1 egg, beaten
3 cups seasoned mashed potatoes (white or sweet)	Pepper or 2 or 3 drops tabasco sauce, if desired
3 tablespoons chopped parsley	Flour
	Fat or drippings for frying

Combine all ingredients except flour and fat. Shape into flat cakes. Flour lightly and brown in hot fat. Cakes may be dipped in beaten egg and rolled in crumbs before frying, if desired. Six servings.

*For variety.*—Use finely chopped pimiento, green pepper, celery, or onion in place of parsley.

### Macaroni and Cheese With Peanuts

2 cups macaroni or spaghetti in small pieces	2 teaspoons salt
4 tablespoons table fat	2 cups milk
3 tablespoons flour	1 cup grated cheese
Cayenne pepper, if desired	1 cup chopped salted peanuts
	Crumbs mixed with melted fat

Cook macaroni or spaghetti in boiling salted water until tender. Drain. Melt fat and blend in flour and seasonings. Add milk and cook slowly until thickened, stirring constantly. Ar-

range alternate layers of cooked macaroni or spaghetti, grated cheese, and chopped peanuts in a greased baking dish, saving some peanuts and cheese for the top. Cover with white sauce and sprinkle with crumbs, peanuts, and cheese. Brown in a moderately hot oven (375° F.) about 20 minutes. Six servings.

## **Peanut-Rice Croquettes**

1 tablespoon fat	$\frac{3}{4}$ cup finely chopped or
2 tablespoons flour	ground salted peanuts
$\frac{1}{2}$ teaspoon salt	1 egg, beaten
Pepper or 2 or 3 drops	Beaten egg and fine
tabasco sauce, if de-	crumbs
sired	Fat or drippings for
$\frac{1}{2}$ cup milk	frying
2 cups cooked rice	

Melt fat and blend in flour and seasonings. Add milk and cook slowly until the sauce is very thick, stirring constantly. Cool. Add rice, peanuts, and egg and shape into croquettes. Dip in beaten egg, roll in crumbs, and brown in fat. Serve with cheese sauce. Six servings.

## **Peanut-Stuffed Peppers**

6 green peppers	2 cups cooked or canned
1 tablespoon melted fat	tomatoes with juice
$\frac{1}{2}$ cup uncooked rice	1 cup chopped salted
$\frac{1}{3}$ cup minced onion	peanuts
$\frac{1}{2}$ cup chopped celery	Crumbs mixed with
$1\frac{1}{2}$ teaspoons salt	melted fat
1 cup water	

Cut out stem ends of the peppers and take out the seeds. Cook peppers 5 minutes in boiling salted water. Combine melted fat, rice, onion, celery, and salt in a frying pan, add water slowly as the mixture begins to cook, and simmer covered 5 to 10 minutes. Add tomatoes and juice and simmer 10 minutes longer or until rice is almost done. Add more liquid if needed. Stir in peanuts, stuff peppers with the mixture, and sprinkle with crumbs. Place peppers in a baking pan with a little hot water and bake in a moderate oven (350° F.) 30 to 40 minutes. Six servings.

## **Peanut-Cheese Loaf**

1 cup cooked oatmeal, wheat cereal, or rice	½ teaspoon Worcester- shire sauce, if desired
¼ cup finely chopped green pepper	1½ cups chopped salted peanuts
3 tablespoons minced onion	1 cup fine crumbs
1½ teaspoons salt	1½ cups grated cheese
2 teaspoons lemon juice	1 egg
	½ cup milk

Combine all ingredients. Bake in a greased loaf pan in a moderate oven (350° F.) about 1 hour. Serve hot with a mushroom or tomato sauce. Six servings.

## **PEANUTS WITH VEGETABLES**

### **Peanuts and Onions**

2 tablespoons table fat	3 cups cooked sliced onions
2 tablespoons flour	
½ teaspoon salt	1 cup finely chopped salted peanuts
Pepper	Crumbs mixed with melted fat
2 cups milk	

Melt fat, blend in flour and seasonings. Add milk and cook slowly until thickened, stirring constantly. Make alternate layers of onions, peanuts, and sauce in a greased baking dish. Sprinkle crumbs over the top. Brown in a hot oven (400° F.) about 20 minutes. Or serve as a creamed dish, omitting the crumbs and heating over boiling water. Six servings.

### **Stuffed Sweetpotatoes With Peanut Butter**

6 medium-sized baked sweetpotatoes	⅓ cup peanut butter
¾ to 1 cup milk	¼ teaspoon salt
	Pepper

Cut hot sweetpotatoes in half and remove from shells. Mash thoroughly. Add milk, peanut butter, and seasonings. Beat until fluffy and refill shells. Brown on a baking sheet in a hot oven (425° F.). Chopped peanuts may be sprinkled on the top before browning, if desired. Six servings.



## **Creamed Peanuts and Celery**

2 cups celery cut in 1-inch lengths	Pepper
1 cup liquid (cooking liquid plus milk)	1 tablespoon table fat
1½ tablespoons flour	¼ cup chopped salted peanuts
½ teaspoon salt	¼ cup grated cheese, if desired

Cook celery until tender in a small amount of boiling salted water. Drain. Measure cooking liquid and add enough milk to make 1 cup. Make a paste of flour and part of liquid and stir into rest of liquid. Add seasonings and fat; cook slowly until sauce is thickened, stirring constantly. Heat the celery in the sauce. Remove from heat. Add peanuts and cheese and stir until cheese is melted. Six servings.

## **Peanut and Eggplant Scallop**

1 medium-sized eggplant	1½ teaspoons horseradish, if desired
2 tablespoons table fat	1 egg
2 tablespoons minced onion	¾ cup finely chopped salted peanuts
1 cup fine crumbs	Crumbs mixed with melted fat
1 teaspoon salt	¼ cup grated cheese
1½ cups cooked or canned tomatoes, or condensed tomato soup	

Pare eggplant and cut in cubes. Cook in boiling salted water until tender. Drain. Add all but the last two ingredients. Place the mixture in a greased baking dish. Sprinkle with crumbs and grated cheese. Bake in a moderate oven (350° F.) about 30 minutes. Six servings.

## **Peanut Butter Sauce for Vegetables**

1 tablespoon table fat	½ teaspoon salt
¼ cup peanut butter	Pepper
2 teaspoons flour	1 cup milk

Melt fat over boiling water. Blend in peanut butter. Add flour and seasonings and stir until smooth. Stir in the cold milk slowly. Cook over boiling water until thickened, stirring constantly. Serve on cooked cabbage, onions, or cauliflower. Makes about 1 cup.

## **PEANUTS AND PEANUT BUTTER IN BREADS**

### **Peanut Butter Biscuits**

2 cups sifted flour	2 tablespoons fat
$\frac{3}{4}$ teaspoon salt	$\frac{1}{4}$ cup peanut butter
$2\frac{1}{2}$ teaspoons baking powder	About $\frac{3}{4}$ cup milk

Sift dry ingredients together and work in the fat and peanut butter. Add the milk slowly, stirring until a soft dough is formed. Knead a few times on a lightly floured board, roll or pat to the desired thickness, and cut into biscuits. Bake on an ungreased baking sheet in a hot oven (450° F.) 15 minutes. Makes 16 medium-sized biscuits.

### **Peanut Butter Muffins**

2 cups sifted flour	$\frac{1}{3}$ cup peanut butter
3 teaspoons baking powder	2 eggs, beaten
1 teaspoon salt	1 cup milk
$\frac{1}{4}$ cup sugar	2 tablespoons melted fat

Sift dry ingredients together. Work in peanut butter. Combine beaten egg and milk and pour into dry ingredients all at once. Add fat and stir just enough to moisten dry ingredients. Fill greased muffin pans two-thirds full and bake in a hot oven (400° F.) 25 minutes. Makes 12 large muffins.

### **Peanut Butter Yeast Bread**

1 cake yeast	$3\frac{1}{4}$ to $3\frac{1}{2}$ cups sifted flour
1 cup milk, scalded and cooled	$\frac{1}{3}$ cup peanut butter
$\frac{1}{4}$ cup sugar	1 egg, beaten
	$1\frac{1}{2}$ teaspoons salt

Make a sponge as follows: Crumble yeast into milk, add 1 tablespoon of the sugar, and stir in 1 cup of flour. Cover bowl and set aside until the sponge is light and full of bubbles.

Mix together peanut butter, egg, the rest of the sugar, and salt. Add to the sponge. Stir in the rest of the flour and mix until the dough follows

the spoon around the bowl. Turn dough onto a lightly floured board, knead until smooth and elastic, and place in a clean greased bowl. Grease surface of dough by turning it over in the bowl several times. Cover bowl.

Let dough rise in a warm place (85° to 90° F.) until double in size. Punch down and let rise a second time. Punch down a second time; mold into a loaf and place in a greased baking pan. Let loaf rise until double in size.

Bake in a moderately hot oven (375° F.) about 10 minutes; reduce temperature to 350° and continue baking until the bread is well browned. Remove from pan immediately and cool.

**Sweet buns.**—Mix the dough as above; turn onto a floured board and roll very thin. Spread with softened table fat, sprinkle with brown sugar, cinnamon, raisins, and chopped peanuts. Roll as for jelly roll and cut in inch slices. Blend  $\frac{1}{3}$  cup brown sugar and  $\frac{1}{3}$  cup table fat and spread on bottom and sides of baking pan. Place slices of roll flat in pan and let rise until double in size. Bake in a hot oven (425° F.) 25 minutes. Remove from pan at once.

## **Peanut Quick Bread**

2 cups sifted flour	2 tablespoons fat
2 teaspoons baking powder	1 $\frac{1}{4}$ cups milk
1 teaspoon salt	1 egg
$\frac{1}{4}$ to $\frac{1}{2}$ cup sugar	1 cup chopped peanuts

Sift dry ingredients together. Work in fat. Beat egg with milk and stir into the first mixture. Add chopped peanuts and blend. Pour into a lightly greased loaf pan and bake in a moderate oven (350° F.) about 1 hour.

**Peanut-prune bread.**—Add  $\frac{1}{2}$  to  $\frac{2}{3}$  cup chopped prunes to the milk and egg mixture and let stand a few minutes. Sift  $\frac{1}{2}$  teaspoon soda with the dry ingredients.

**Peanut-orange bread.**—Mix  $\frac{1}{2}$  cup orange marmalade with the egg and milk.

**Peanut-banana bread.**—Mix  $\frac{1}{2}$  cup mashed banana pulp with the beaten egg and milk.

## **Peanut-Corn Meal Griddlecakes**

1 cup corn meal	1 teaspoon salt
1 cup sifted flour	2 tablespoons peanut butter
2 teaspoons baking powder	1 egg, beaten
1 tablespoon sugar, if desired	1¾ cups milk

Sift dry ingredients together. Work in peanut butter. Combine egg and milk and add to dry mixture; stir only enough to moisten flour. Drop by spoonfuls onto greased griddle. Cook slowly until surface is covered with bubbles, turn, and cook until bottom is well browned. Six servings.

## **Peanut Butter Sandwich Fillings**

**Date.**—One-half cup peanut butter, ½ cup chopped pitted dates, 1 teaspoon lemon juice, ½ cup cooked salad dressing. Mix lightly.

**Pineapple.**—One-half cup peanut butter, ½ cup drained crushed pineapple. Mix lightly.

**Prune.**—One-half cup peanut butter, ½ cup chopped cooked prunes, 2 teaspoons lemon juice, 2 teaspoons prune juice. Blend well.

**Apricot.**—One-half cup peanut butter, ⅓ cup chopped cooked apricots (sweetened), 2 tablespoons cooked salad dressing. Mix lightly.

**Cranberry sauce.**—One-half cup peanut butter, ½ cup cranberry sauce. Mix lightly.

**Raisin.**—One-half cup peanut butter, ½ cup chopped seeded raisins, 2 teaspoons lemon juice, ⅓ cup milk or cream. Mix lightly.

**Pickle relish.**—One-half cup peanut butter, ⅓ cup pickle relish, 2 tablespoons cooked salad dressing. Mix well.

**Carrot and raisin.**—One-half cup peanut butter, 1 cup shredded carrots, ¼ cup chopped seeded raisins, ¼ cup cooked salad dressing. Mix lightly.

**Vegetable.**—One-half cup peanut butter, ½ cup chopped celery leaves, ½ cup grated carrots, 2 tablespoons French dressing, ⅛ teaspoon salt. Mix well.

## **SALADS AND RELISHES**

### **Peanut-Carrot-Orange Salad**

2 cups coarsely grated carrots	Salad dressing
1 cup coarsely chopped peanuts	Lemon juice, if desired
1/2 cup raisins	3 to 4 oranges, cut in sections

Combine carrots, peanuts, and raisins with mayonnaise or peanut butter salad dressing and lemon juice to moisten. Arrange on lettuce with orange sections around edge. Six servings.

### **Peanut and Cranberry Relish**

1 cup cranberries	1 small tart apple
1/3 cup sugar	1/4 cup chopped peanuts
1 small orange	1/4 teaspoon salt

Put cranberries through food grinder, using the coarse plate, and mix with the sugar. Cut the orange and apple into quarters, remove seeds, and grind. Combine all ingredients. Serve with poultry or meat. Makes about 1 1/2 cups.

### **Peanut-Stuffed Prune Salad**

18 cooked prunes	1/4 cup chopped peanuts
1/2 cup cottage cheese	1/4 teaspoon salt
1 teaspoon grated orange rind	Mayonnaise or peanut butter salad dressing

Pit and chill prunes. Combine cottage cheese, grated orange rind, peanuts, and salt. Moisten with the dressing and stuff into the prunes. Serve on shredded lettuce. Six servings.

### **Other Salad Combinations**

**Peanut-potato salad.**—Add 1/2 to 3/4 cup peanut halves to potato salad for six. Peanut butter dressing may be used.

**Peanut deviled eggs.**—Add several tablespoons chopped peanuts to the filling for 6 deviled eggs.

**Peanut coleslaw.**—Add 3/4 to 1 cup chopped peanuts to coleslaw for six.

## **SALAD DRESSINGS**

### **Three Uncooked Peanut Butter Salad Dressings**

Blend  $\frac{1}{3}$  cup peanut butter with  $\frac{2}{3}$  cup of your favorite salad dressing. Serve with fruit salad.

Combine  $\frac{1}{2}$  cup peanut butter with  $\frac{1}{2}$  cup milk or cream,  $\frac{1}{2}$  teaspoon salt, 2 teaspoons sugar, and 3 tablespoons lemon juice. Mix well. Good with mixed vegetable salad.

Combine 6 tablespoons peanut butter and 2 tablespoons sugar. Add  $\frac{1}{2}$  cup milk or cream, 2 tablespoons vinegar, and  $\frac{1}{2}$  teaspoon salt. Beat until smooth. Serve with fruit salad.

### **Cooked Peanut Butter Dressing**

1 egg, beaten	$\frac{1}{4}$ cup peanut butter
2 tablespoons sugar	6 tablespoons milk or
2 tablespoons vinegar	cream
1 tablespoon table fat	$\frac{1}{4}$ teaspoon salt

Combine egg, sugar, vinegar, and fat. Cook over low heat until thick and smooth, stirring constantly. Mix peanut butter with milk or cream and salt. Blend with the cooked mixture and chill. Serve with vegetable salad.

## **A PEANUT BUTTER SOUP**

### **Tomato-Peanut Butter Soup**

3 tablespoons table fat	$\frac{1}{4}$ teaspoon celery salt
3 tablespoons flour	Pepper
$4\frac{1}{2}$ cups milk	$2\frac{1}{4}$ teaspoons salt
$1\frac{1}{2}$ teaspoons grated onion	$\frac{3}{4}$ cup peanut butter
$\frac{1}{4}$ teaspoon paprika	3 cups sieved tomatoes

Melt fat and add flour, stirring until smooth. Add milk and cook over low heat until slightly thickened, stirring constantly. Add seasonings and blend part of hot mixture with peanut butter; combine with the rest of the hot mixture. Heat tomatoes and add slowly, stirring constantly. Six servings.

## DESSERTS AND SWEET SAUCES

### Peanut Butter Pudding

2½ tablespoons corn-	2 egg whites
starch	¼ teaspoon salt
⅓ cup sugar	2 tablespoons sugar
2 cups milk	1 teaspoon vanilla
¼ cup peanut butter	

Mix cornstarch and ⅓ cup sugar and add milk. Cook over boiling water until thickened, stirring constantly (about 15 minutes). Blend in peanut butter. Beat egg whites and salt until stiff but not dry. Add the 2 tablespoons sugar gradually and continue beating until mixture is stiff and glossy. Add vanilla and fold into the pudding. Chill. Six servings.

### Peanut Butter Bread Pudding

3 cups milk	1½ teaspoons g r a t e d
⅔ cup sugar	lemon rind
¼ teaspoon salt	2 eggs
1 tablespoon table fat	⅓ cup peanut butter
	4 slices bread

Scald milk and add sugar, salt, fat, and lemon rind. Beat eggs and gradually add milk mixture. Spread peanut butter on bread and cut into small cubes. Stir cubes into milk mixture, pour into greased baking dish, and set in pan of hot water. Bake in moderate oven (350° F.) about 1¼ hours, or until set. Six servings.

### Peanut Pie

½ cup sugar	½ teaspoon vanilla
1 to 1½ cups corn sirup	1 to 1½ cups peanut
¼ cup table fat	halves
¼ teaspoon salt	Unbaked 9-inch pie shell
3 eggs, beaten	

Combine sugar, corn sirup, fat, and salt and bring to boil over low heat. Pour this hot sirup slowly over eggs, stirring constantly. Cool, add vanilla and peanuts and pour into the pie shell. Bake in a moderately hot oven (400° F.) 10 minutes; reduce temperature to 375° and bake 35 to 40 minutes longer.



## Baked Apples With Peanut Topping

6 medium-sized apples, cored	1 teaspoon grated orange rind
$\frac{1}{2}$ cup raisins	$\frac{1}{8}$ teaspoon salt
3 tablespoons flour	2 tablespoons peanut butter
$\frac{1}{3}$ cup sugar	$\frac{1}{4}$ cup chopped peanuts
$\frac{1}{2}$ teaspoon cinnamon	$\frac{2}{3}$ cup water
2 tablespoons table fat	$\frac{2}{3}$ cup orange juice

Arrange apples in a baking dish. Fill centers with raisins. Combine the remaining ingredients except peanuts, water, and orange juice. Mix until crumbly, add peanuts, and sprinkle over apples. Pour water and orange juice around apples. Bake in a moderately hot oven ( $375^{\circ}$  F.) about 1 hour, basting every 15 minutes. Serve warm with cream, if desired. Peanuts may be toasted by placing apples under the broiler the last 3 to 5 minutes of baking. Six servings.

## Peanut Butter Cupcakes

$\frac{1}{3}$ cup fat	$\frac{3}{4}$ teaspoon salt
$\frac{1}{2}$ cup peanut butter	2 teaspoons baking powder
1 teaspoon vanilla	1 cup milk
$1\frac{1}{3}$ cups brown sugar	Meringue (see below)
2 egg yolks, plus 1 egg	$\frac{1}{2}$ cup chopped peanuts
2 cups sifted flour	

Blend fat, peanut butter, and vanilla. Gradually add 1 cup of the sugar, creaming until light and fluffy. Beat eggs with remaining  $\frac{1}{3}$  cup sugar. Sift dry ingredients together and add alternately with milk to the peanut butter mixture. Put batter in lightly greased muffin pans, cover with meringue, and sprinkle with chopped peanuts. Bake in a moderate oven ( $350^{\circ}$  F.) about 25 minutes. Makes 18 to 24 cupcakes.

## Meringue for Cupcakes

2 egg whites	$\frac{1}{2}$ cup brown sugar
$\frac{1}{4}$ teaspoon salt	

Beat egg whites and salt until stiff but not dry and add sugar gradually. Continue beating until the mixture is stiff and glossy.



## Filled Peanut Butter Cookies

$\frac{1}{3}$ cup fat	2 teaspoons baking powder
$\frac{1}{2}$ cup peanut butter	
$\frac{3}{4}$ cup brown sugar	$\frac{1}{2}$ teaspoon salt
1 egg	$2\frac{1}{4}$ cups sifted flour
$\frac{1}{3}$ cup milk	Raisin or peach filling
$\frac{1}{2}$ teaspoon vanilla	(see below)

Cream fat, peanut butter, and sugar. Add egg, milk, and vanilla and mix well. Sift dry ingredients together and stir into the first mixture. Chill. Roll dough thin. Cut rounds with a biscuit or cookie cutter, drop a spoonful of filling in center of one round and cover with another. Press edges together. Bake on ungreased baking sheet in a hot oven ( $425^{\circ}$  F.) 10 minutes. Makes fifty 2-inch cookies.

## Raisin Filling for Cookies

$\frac{3}{4}$ cup ground raisins	1 teaspoon grated lemon rind
$\frac{1}{4}$ cup sugar	
$\frac{1}{3}$ cup water	$\frac{1}{4}$ cup finely chopped peanuts
1 tablespoon lemon juice	

## Peach Filling for Cookies

$\frac{3}{4}$ cup ground dried peaches	1 teaspoon grated lemon rind
$\frac{1}{3}$ cup sugar	1 cup water
$\frac{1}{2}$ teaspoon lemon juice	$\frac{1}{4}$ cup finely chopped peanuts

Combine ingredients except peanuts and cook until thickened, stirring constantly. Remove from heat and add peanuts.

## Peanut Butter Fruit Sauce

$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup peanut butter
$\frac{1}{2}$ cup dark corn sirup	$\frac{1}{4}$ cup raisins or
$\frac{1}{3}$ cup water	chopped candied fruit
$\frac{1}{2}$ teaspoon salt	

Mix sugar, corn sirup, water, and salt. Simmer 10 minutes. Cool and add slowly to peanut butter, stirring until well mixed. Stir in the raisins or candied fruit. Serve on ice cream, pudding, or baked custard. Makes about 1 cup.

## TO ROAST AND SALT PEANUTS

If you buy peanuts raw or grow your own here's an easy way to roast and salt them:

First, spread the shelled peanuts in one layer in a shallow pan and heat in a moderately hot oven (375° F.) 15 to 30 minutes, depending on size of nuts and how brown you want them. Stir nuts often as they heat.

For "*redskins*," add fat immediately after removing from oven, 1 teaspoon to each cup of peanuts. Stir until nuts are evenly coated, spread on absorbent paper, and sprinkle with salt.

For *plain salted peanuts*, cool, and slip the skins off by pressing between thumb and forefinger. Add fat (1 teaspoon to each cup of nuts) and place over low heat, shaking or stirring nuts constantly until well-coated and warm. Spread on absorbent paper and sprinkle with salt while warm.

Peanuts bought roasted in the shell may be shelled, warmed in a little fat over low heat, and salted as above.

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